

COSMOPOLITAN

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How to Feel Great in a Bikini

12 SHOCKING SEX FACTS

YOU YOU YOU



BLAB-CONTROL BENEFIT 3 It Keeps You In Control

Sure, trading a little industry gossip can get you ahead at work, but opening up about yourself to colleagues can make you feel frazzled. “You lose control because you aren’t able to manage the impressions you make on your coworkers and more important, your boss,” says Bev Smallwood, PhD, a psychologist in Hattiesburg, Mississippi. “Plus, it makes you look unprofessional.”

That’s what happened to Lauren, 28, who called in sick to work, pretending she had the flu. “The next day, I admitted to a few of my coworkers that I was really just hung over,” she says. “But when I walked past my boss later that day and she gave me a weird look, I was so paranoid that someone had told her.”

To avoid airing everything, identify those times you’re most likely to spill. “At work, it’s often when you’re stressed. So take control by walking outside or taking 10 deep breaths,” says Smallwood. “With friends, it’s usually when someone else is sharing.” Rather than join in, wait five minutes, then reassess if you want to tell all. And if you’re absolutely dying to blab—maybe you had a blowup with your guy—fire off an e-mail to yourself instead. “When you’ve cooled

down, you’ll feel more on top of things because the details aren’t lingering in people’s memories,” says Smallwood.



BLAB-CONTROL BENEFIT 4 It Fine-Tunes Your Gut

Keeping quiet about what’s happening in your private life—unless you *really* need guidance—will make you more attuned to your instincts. “Women like to poll everyone for their take on their situations,” says Smallwood. “But that can mean you ignore what your internal compass is telling you.”

For Linda, 31, confiding date details to gal pals only steered her more off course. “I went out with this guy Ben, and my gut told me he was too intense,” she says. “I was about to lose his number, but I checked in with my friends, who said, ‘But you said he was hot—are you sure?’ Suddenly, I wasn’t. So I gave him another chance and regretted it.”

As a barometer for when to keep mum, take a cue from the guy life manual. “Men only share information to *do* something with it,” says Magids. Translation: If spilling something stems from your insecurity (i.e., *Is he right for me?*) and won’t generate a concrete answer, resist the urge to open your mouth—your instincts are probably right. ■

Jessica Biel

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